

Have Ergonomic Workstation Problems?

1. Visit Cornell University website link at the link below:

<http://ergo.human.cornell.edu/ErgoTips2002/home.html>



2. You can enter this site in two ways:

➤ **WORKSTATION**

or

➤ **WHERE IT HURTS**

This should help guide you to set up your workstation to increase comfort and reduce physical discomfort at your workstation.

If after you try this you still are having difficulties please contact James DeCarli (213) 351-7846 or jdecarli@publichealth.lacounty.gov

CU Ergo
Cornell University Ergonomics Web

ergo tips

ERGO HOME GLOSSARY CONTACT


[home](#) [glossary](#) [contact](#)


WELCOME!
This site offers quick guidelines to improve the ergonomic design of your computer workstation. You will find concise and clear information, supported by plenty of pictures. A workstation that is properly set can aid in more comfort, higher productivity, and a general sense of well-being.

Choose **WORKSTATION** if you want to learn how to set up the components of your workstation to increase your comfort while you work, and also prevent possible injuries.

Choose **WHERE IT HURTS** if you are experiencing any discomfort or pain while working at your computer workstation. This section provides suggestions to properly adjust your workstation to reduce pain, in regard to different body parts.

Please look through the [glossary](#) for general definitions of terms.


WORKSTATION


WHERE IT HURTS

While we offer general advice about workstation components' adjustment and proper use, we do not provide information nor endorse specific (brands) products' features.